

# Environmental Threats: Health Impacts and Solutions

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## Introduction

Environmental health is a critical domain addressing how natural and built environments impact human well-being. A thorough examination of air pollution reveals its profound influence on human health, contributing to various physiological issues and engaging underlying molecular pathways. These issues range from respiratory and cardiovascular diseases to neurological disorders and reproductive health problems, all linked to fine particulate matter, ozone, and nitrogen oxides. Understanding these mechanisms is essential for crafting effective public health interventions and policy reforms to mitigate such severe health consequences [1].

The immediate threat of climate change to human health is also a prominent concern, necessitating robust environmental health interventions. Rising temperatures, extreme weather occurrences, shifts in disease vectors, and food insecurity directly compromise well-being. Public health professionals are vital in addressing these risks through policy advocacy, fostering community resilience, and integrating health and environmental strategies [2]. This perspective extends to critical issues like water quality, where developing nations face significant challenges. Contamination from industrial waste, agricultural runoff, and inadequate sanitation infrastructure leads to widespread waterborne diseases. Sustainable water management, stringent policy enforcement, and community engagement are urgently required to protect public health in these vulnerable areas [3].

Children's health is particularly susceptible to environmental chemical exposures, including emerging threats like endocrine-disrupting chemicals and persistent organic pollutants. Early life exposure can result in developmental, neurological, and metabolic disorders, highlighting the critical need for proactive policies, improved chemical screening, and public education to shield future generations from preventable harms [4]. Furthermore, the design of the built environment plays a crucial role in public health, directly influencing physical activity levels. Urban planning, access to green spaces, walkability, and transportation infrastructure are all factors that affect obesity rates and the prevalence of chronic diseases. Health-promoting urban planning and policy interventions that prioritize active living and equitable access to supportive environments are strongly advocated [5].

Addressing health disparities, environmental justice and health equity form a crucial framework for public health action. Marginalized communities disproportionately suffer from environmental pollution and its adverse health impacts due to systemic inequalities. An integrated approach combining scientific research, policy reform, community-led initiatives, and interdisciplinary collaboration is imperative to achieve equitable environmental health outcomes for all [6]. The intricate relationship between food systems, human nutrition, and environmental sustainability is framed within the concept of planetary health. Current food production and consumption patterns significantly contribute to environmental degradation, climate change, and various health burdens, from malnutrition to chronic diseases. Trans-

formative changes in global food systems are advocated to promote both human and ecological well-being, emphasizing sustainable practices and equitable access to healthy diets [7].

Moreover, environmental noise, from sources like road traffic and aircraft, poses a substantial threat to human health. Chronic noise exposure has been linked to adverse outcomes such as sleep disturbance, cardiovascular diseases, cognitive impairment, and mental health issues. Integrating noise reduction strategies into urban planning and public health policies is crucial to safeguard communities from these often-overlooked environmental stressors [8]. Similarly, inadequate solid waste management, especially in low- and middle-income countries, leads to severe health impacts. Improper waste disposal contributes to air and water pollution, vector-borne diseases, occupational hazards for waste workers, and negative mental health outcomes for nearby communities. Urgent improvements in waste management infrastructure, policy, and public health interventions are necessary to mitigate these widespread risks [9].

Finally, the COVID-19 pandemic illuminated significant occupational and environmental health vulnerabilities, offering vital lessons for future public health preparedness. It brought to light how workplaces could become significant transmission sites and how pre-existing environmental health disparities worsened population susceptibility. There is a clear need for robust public health infrastructure, stronger worker protections, and integrated environmental health approaches to better respond to global health crises and protect at-risk populations [10]. This collective body of work emphasizes the complex interplay between human health and the environment, urging comprehensive, collaborative, and equitable strategies to address these critical global challenges.

## Description

Environmental factors profoundly influence global health, presenting complex challenges that demand integrated public health responses. One of the most pervasive issues is air pollution, which impacts human health through a spectrum of physiological pathways, from respiratory and cardiovascular ailments to neurological disorders and reproductive complications [1]. Fine particulate matter, ozone, and nitrogen oxides are key culprits, necessitating a deep understanding of their molecular mechanisms to inform effective public health interventions and policy shifts. Parallel to this, the escalating crisis of climate change poses an immediate and dire threat to well-being. Rising global temperatures, an increase in extreme weather phenomena, shifts in disease vector distributions, and heightened food insecurity are all direct consequences that undermine human health. Public health professionals are therefore critical players in mitigating these risks, advocating for proactive policies, building community resilience, and developing integrated health-environment strategies [2].

Water quality remains a fundamental determinant of health, particularly in developing countries where maintaining adequate standards is a persistent struggle. Contamination from industrial discharges, agricultural runoff, and woefully inadequate sanitation infrastructure leads to the rampant spread of waterborne diseases. Addressing this requires not only sustainable water management strategies but also rigorous policy enforcement and active community engagement to safeguard public health in the most vulnerable regions [3]. Children, as a particularly sensitive population, face unique vulnerabilities from environmental chemical exposures. Concerns are mounting over endocrine-disrupting chemicals and persistent organic pollutants, which, when encountered early in life, can trigger developmental, neurological, and metabolic disorders. This situation demands proactive governmental policies, enhanced chemical screening processes, and widespread public education to shield future generations from preventable harms [4].

Beyond direct environmental pollutants, the built environment significantly shapes public health outcomes by influencing physical activity levels. Urban design elements, such as access to green spaces, walkability scores, and the quality of transportation infrastructure, directly correlate with obesity rates and the prevalence of chronic diseases. Therefore, advocating for health-promoting urban planning and policy interventions that prioritize active lifestyles and ensure equitable access to supportive environments is a strategic imperative for public health [5]. Moreover, fundamental to achieving equitable health outcomes is the concept of environmental justice and health equity. This framework recognizes that marginalized communities disproportionately bear the brunt of environmental pollution and its adverse health consequences due to entrenched systemic inequalities. A holistic approach is essential, integrating rigorous scientific research, comprehensive policy reforms, community-led initiatives, and broad interdisciplinary collaboration to ensure equitable environmental health outcomes for everyone [6].

The interconnectedness of food systems, human nutrition, and environmental sustainability is increasingly understood through the lens of planetary health. Current global food production and consumption practices contribute substantially to environmental degradation and climate change, leading to a dual burden of malnutrition and chronic diseases. This highlights the urgent need for transformative changes in food systems worldwide, promoting sustainable practices and ensuring equitable access to healthy diets for both human and ecological well-being [7]. Furthermore, environmental noise, originating from ubiquitous sources like road traffic, aircraft, and industrial operations, represents an often-underestimated health hazard. Chronic exposure to such noise is strongly linked to sleep disturbances, cardiovascular diseases, cognitive impairments, and various mental health issues. Integrating noise reduction strategies into urban planning and broader public health policies is therefore crucial to shield communities from these pervasive stressors [8].

The challenges extend to inadequate solid waste management, a significant concern particularly in low- and middle-income countries. Improper disposal methods result in widespread air and water pollution, foster vector-borne diseases, create direct occupational hazards for waste workers, and negatively impact the mental health of communities residing near dumpsites. Mitigating these widespread risks requires urgent improvements in waste management infrastructure, stronger policy frameworks, and targeted public health interventions [9]. Finally, the global COVID-19 pandemic served as a stark reminder of existing occupational and environmental health vulnerabilities. It brought to light how workplaces could become significant transmission sites and how pre-existing environmental health disparities exacerbated population susceptibility. The lessons learned underscore the critical necessity for robust public health infrastructure, enhanced worker protections, and integrated environmental health approaches to effectively respond to future global health crises and safeguard at-risk populations [10]. These collective insights emphasize the critical interplay between environmental quality and human health, advocating for comprehensive and multi-sectoral strategies to foster

a healthier planet and healthier people.

## Conclusion

This collection of papers highlights the multifaceted impacts of environmental factors on human health, underscoring the urgent need for robust public health interventions. Air pollution, from fine particulate matter to nitrogen oxides, is a significant contributor to respiratory, cardiovascular, neurological, and reproductive health problems. Climate change presents an immediate threat, exacerbating health risks through rising temperatures, extreme weather, and altered disease vectors. Developing countries particularly struggle with maintaining adequate water quality, facing widespread waterborne diseases from contamination and inadequate sanitation. Children's health is jeopardized by environmental chemical exposures, including endocrine-disrupting chemicals and persistent organic pollutants, leading to developmental and metabolic disorders.

Beyond these direct environmental threats, the built environment's design critically influences physical activity levels and chronic disease prevalence. Food systems also play a pivotal role, with current patterns contributing to environmental degradation and various health burdens. Furthermore, chronic noise exposure from traffic and industry is linked to sleep disturbances, cardiovascular issues, and cognitive impairment. Inadequate solid waste management, especially in low- and middle-income countries, causes extensive air and water pollution, vector-borne diseases, and occupational hazards. The COVID-19 pandemic revealed stark occupational and environmental health challenges, emphasizing existing disparities and the need for stronger preparedness. Collectively, these studies advocate for integrated, equitable, and sustainable approaches, including policy reform, community engagement, and urban planning, to address pervasive environmental health disparities and safeguard global well-being.

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## Conflict of Interest

None.

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